a) remote interface configured for specifying information to be communicated to the individual;

b) a server connected to said remote interface, said server including script program generating configured for generating a script program, said script program for communicating the information to be communicated to the individual; [and]

c) a remotely programmable apparatus networked to said server via a communication network, said remotely programmable apparatus including:

i) communication device for receiving said script program from said server;

ii) memory device for storing said script program;

iii) user interface configured for conveying the information to be communicated to the individual, and for receiving input from the individual; and

iv) processor device for executing said script program, said processor device connected to said communication device, to said user interface, and to said memory device[.] ; and

d) at least one monitoring device in communication with said remotely programmable apparatus, said at least one monitoring device for providing at least one measurement of a physiological parameter of the individual.

4. The system of claim [3] 1 , wherein said measurement is transmitted to said remote interface device via said server.

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5. The system of claim [3] 1 , wherein said at least one monitoring device is connected to said remotely programmable apparatus via a cable.

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6. The system of claim [3] 1 , wherein said at least one monitoring device is selected from the group consisting of a blood glucose meter, a respiratory flow meter, a blood pressure cuff, an electronic weight scale, and a pulse rate monitor.